Honolulu Club / **July Group Fitness & Programs Schedule** / Summer 2010

MONDAY

5:45 - 6:45am
Studio Cycling
S2 Erika

7:00 - 8:00am
Iyengar Yoga 1
S1 Evelia

8:30 - 9:30am
Kickbox
S1 Yoko A.

9:45 - 11:00am
Ballet Level 2
S1 Marie

11:00 - 12:00pm
Pilates on the Ball
S1 Karen

12:00 - 1:00pm
Studio Cycling
S2 Raul

12:15 - 1:30pm
Yoga Basics
S1 Ancelyn

5:00 - 6:00pm
Classic Aerobics
S1 Chris

6:00 - 7:00pm
Muscle Conditioning
S1 Kathy

6:00 - 7:00pm
Stretch & Relax
S2 Sundae

6:00 - 7:15pm
Vinyasa Flow
Yoga Room Daniel

TUESDAY

5:45 - 6:45am
Studio Cycling
S2 Lee-Ann

6:00 - 7:00am
Muscle Conditioning
S1 Glynis

7:00 - 8:00am
Foam Roller
S2 Billy

7:15 - 8:15am
Vinyasa Yoga 1 & 2
S1 Murti

8:30 - 9:30am
Muscle Conditioning
S1 Erica K.

9:45 - 10:45am
Dynamic Stretching
S1 Richard

11:00 - 12:00pm
Nia Technique
S1 Renee

12:00 - 1:00pm
Studio Cycling
S2 John

12:15 - 1:30pm
Vinyasa Yoga
S1 Murti

4:30 - 5:30pm
Bootcamp
S1 Trevor

5:00 - 6:00pm
Aqua Fitness
POOL Antonella

5:45 - 6:45pm
Zumba
S1 Shinobu

6:45 - 7:15pm
Abs & Glutes
S1 Shinobu

6:15 - 7:30pm
Vinyasa Yoga 1 & 2
Yoga Room Sundae

7:00 - 8:30pm
Beginner Belly Dance
S2 –Payment Req'd Jean

WEDNESDAY

5:45 - 6:45am
Cycle Circuit
S2 KC

6:00-7:00am
Step
S1 Chris

6:00-7:00am
Iyengar Yoga I
Yoga Room Evelia

7:00 - 8:30am
Iyengar Yoga 2
Yoga Room Evelia

7:00 - 8:00am
Stretch
S2 Stuart

7:30 - 8:30am
Cardio Fit
S1 Gabby

8:30 - 9:30am
Sports Conditioning
S1 Mele

11:00 - 12:00pm
Pilates on the Ball
S1 Karen

12:00 - 1:00pm
Studio Cycling
S2 Eric R.

12:00 - 1:15pm
Ashtanga Yoga
Yoga Room Yoko

4:30 - 5:30pm
Stability, Strength Ball
S1 Elisa

5:25 - 6:25pm
Studio Cycling
S2 Erika

6:30 - 7:45pm
Ballet Level 1
S2 Marie

6:30 - 7:45pm
Vinyasa Yoga
Yoga Room Paula

6:30 - 7:30pm
Tahitian
S1 –Payment Req'd Kaipo

7:30-8:30pm
Beg. Tango Dance
S1 P. Req'd George

THURSDAY

6:00 - 7:00am
Muscle Conditioning
S1 Glynis

7:15 - 8:15am
Vinyasa Yoga 1 & 2
Yoga Room Murti

7:30 - 8:30am
Studio Cycling
S2 Raul

8:30 - 9:30am
Muscle Conditioning
S1 Mele

9:45 - 10:45am
Stretch & Relax
S1 Stuart

11:30 - 12:30pm
Nia Technique
S1 Sharlene

12:15-1:30pm
Vinyasa Yoga 2 & 3
Yoga Room Ancelyn

4:30 - 5:30pm
Foam Roller
S2 Anthony

5:00 - 6:00pm
Aqua Cardio Plus
POOL Chris

4:30 - 5:30pm
Bootcamp
S1 Brad

5:30 - 6:30pm
Kickbox Bootcamp
S1 Richard

6:15 - 7:30pm
Vinyasa Yoga
Yoga Room Paula

7:30-9:30pm
Int. Tango Dance
S1 P. Req'd George

FRIDAY

5:55 - 6:55am
Iyengar Yoga 1
S1 Evelia

7:00 - 8:00am
Stretch
S1 Evelia

8:30 - 9:30am
Kickbox
S1 Richard

9:45 - 11:00am
Ballet Level 1
S1 Marie

11:00 - 12:00pm
Gentle Yoga
Yoga Room Sundae

11:00 - 12:00pm
Pilates on the Ball
S1 Cheryl

12:00 - 1:15pm
Ashtanga Yoga
Yoga Room Yoko

12:00 - 1:00pm
FREE WORKSHOP!
7/9 – Heavy Metal
S1 –Reg. Req'd Mike T.

12:00 - 1:00pm
Studio Cycling
S2 John

3:30 - 5:15pm
Boxing Privates
S2 –Payment Req'd Kevin

5:30 - 6:30pm
Studio Cycling
S2 Erika

5:00 - 6:00pm
Club Salsa Dancing
S1- Payment Req'd Greg

SATURDAY

7:30 - 8:00am
Abs and Glutes
S1 Shinobu

8:00 - 9:00am
Zumba
S1 Shinobu

9:00 - 10:00am
Step
S1 Al

7:45 - 8:45am
Studio Cycling
S2 Sarah

8:30 - 9:30am
Stretch
Yoga Room Richard

9:00 - 10:00am
Aqua Splash
Pool Chris

9:00 - 10:00am
The Nia Technique
S2 Sharlene

10:00 - 11:15am
Muscle Conditioning
S1 Kathy

10:15 - 11:30am
Vinyasa Yoga
Yoga Room Matt

10:45 - 11:45am
Jazz
S2 Cheryl

11:20 - 12:20pm
Dynamic Stretching
S1 Richard

12:00 - 1:30pm
Vinyasa Yoga 1 & 2, Meditation
Yoga Room Ancelyn

12:30 - 1:30pm
Kickbox
S1 Richard

1:30 - 3:00pm
Advanced Belly Dance
S2- Payment Req'd Jean

5:00-7:00pm
Adv. Tango Dance
S1 P. Req'd George

SUNDAY

8:30 - 9:30am
Low Impact Aerobics
S1 karen

8:30 - 9:30am
Studio Cycling
S2 Eric/Blythe

8:30 - 10:00am
Vinyasa Yoga 1 & 2
Yoga Room Miilani

9:00 - 10:00am
Aqua Fitness
POOL Antonella

9:30 - 10:30am
Muscle Conditioning
S1 Richard

10:30 - 12:00pm
Vinyasa Yoga 3
S2 Miilani

10:40 - 11:40am
Jazz
S1 Marie

10:45 - 11:45am
Universal Chi
Yoga Room Stuart

/ Class instructors, formats, locations, and times are subject to change.

/ Classes will end 5m earlier.

/ Please contact Hospitality Desk at 543.3908 for updates on changes.

/ Please do not enter the studio before the current class has finished.

/ **Reserving Places is not permitted.**

Group Exercise Manager:
Bianca 543.3970
bmoxey@meridiansportsclubs.com

Free Pilates Workshops:

4:00-5:00pm: Intro to Reformer **7/3** PS
1:00-2:00pm: Pilates Basics **7/29** S2
10:00-11:00pm: Intro to Pilates **7/14** PS

For more info please call 543-3975

Locations:

PS- Pilates Studio - 7th Floor
Yoga Room - 5th Floor
Pool - 7th Floor
S1 - Studio I - 5th Floor
S2 - Studio II - 6th Floor